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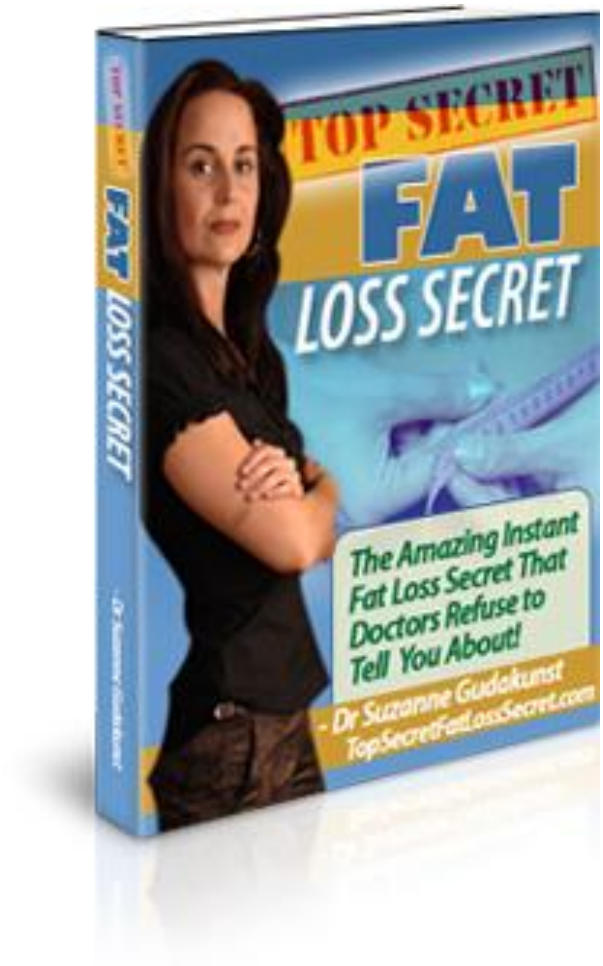
FAT LOSS SECRET
Who Wants This Lady Doctor DEAD? ...And Why?
AS SEEN ON TV
Instant Fat Loss Secret Doctors Refuse to Tell You About!

You've Made a Truly Wise Decision …



Elite Version 3.6

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Welcome to the BEST Top Secret Fat Loss eBook on the Web!!

Here you will find the most comprehensive material on the TOP SECRETS of true fat and weight loss.

And finally being able to keep it off for good!!

If you are expecting this eBook to be another one of those “quick fix diets”, then this is not the book for you!

If you DO want to know the true top secrets of weight loss, then you have found it right here.

Those “quick fix diets” are the reason why you cannot lose the weight and keep it off.

If you can answer YES to any of these questions, then you have found this book just in the right time:

- ✓ **Have you lost weight, but gained it all back plus more?**
- ✓ **Have you felt starved or cheated on your so-called diet?**
- ✓ **Have you not been able to stick to the diet more than a week?**
- ✓ **Have you ever beaten yourself up thinking I am going to be fat forever?**

I know you are frustrated, depressed, and just flat out tired of beating your head against the wall to struggle to lose that weight. I am here to tell you it is not all your fault.

The choices that you make about your food that you think are healthy are produced by people who are not looking out for you, but themselves for mere profit!

The fatter you are, the unhealthier you are, and the sicker you become, which results in more drugs you buy to make yourself better. It is a vicious cycle that you are going to break just by following these Top Secret Fat Loss Secrets that will break the chains of the battle of the bulge.

Even if you *only* incorporate 50% of the material in your daily life, you will see the weight just melt off without much effort. And this time KEEP IT OFF for GOOD!!

Enjoy taking back your life and your waistline!

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Chapter 1

How to Choose the Best Weight Loss Program

You have tried losing weight on your own and you have even had some success. But life is hectic and stressful and, in time, the pounds always creep back. Now you weigh more than you did a year ago.

This is discouraging and depressing and like many others you might be thinking that you just can't face another diet alone. When you were at the end of your rope did you ever consider the support of a formal weight loss program?

For many, this is a good idea. By having professional guidance and an organization as your "buddy" you have a much better chance of success.

BUT BE CAREFUL! Not all programs are created equal. If you want to choose wisely, here are six questions you should ask:

1. DOES THE PROGRAM EMPHASIZE OVERALL FITNESS AND GOOD HEALTH?

If the advertising emphasizes dramatic before and after photos with claims of the ease and speed of pounds lost per week, beware. Average weight loss during an extended program should not exceed two pounds per week. This is equal to fifty pounds in six months or one hundred pounds a year. Is the goal of the program to achieve a normal bodyweight as the natural result of a balanced lifestyle that promotes health and fitness?

2. IS THE MEAL PLAN PALATABLE AND NUTRITIOUS AND AVAILABLE AT YOUR LOCAL GROCERY?

Your first consideration is that the meals on a plan include a variety of tasty foods that supply all the nutrients necessary for long-term health. This eliminates menus that prohibit entire categories of food or limit portions to the point that you are always hungry. Some plans "do it for you" by providing prepared meals and snacks to manage what and how much you eat. This is easy and effective (and expensive), but your success is dependent upon the prepared meals. How long do you plan to buy prepackaged food? What happens when you start shopping and cooking for yourself and return to eating out? See number three below.

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3. IS THE PROGRAM BASED ON LEARNING HOW TO CHANGE DIETARY AND LIFESTYLE HABITS?

Lifestyle behaviors can be "relearned" and this should be the backbone of any good program. This is the only way that you will become permanently lean, fit and healthy. This is the only way that you can walk away, free of the oppressive burden of lifetime, yo-yo dieting.

4. WILL YOU LEARN HOW TO DEAL WITH SITUATIONS THAT CAUSE YOU TO BACKSLIDE?

Will you have live support when the going gets tough? Will you learn strategies to deal with lifestyle saboteurs when they arrive to ruin your plans?

5. IS EXERCISE A PART OF THE PROGRAM?

Exercise is an indispensable part of a balanced fitness plan. Exercise provides a big metabolic boost to losing weight and simultaneously reduces stress and elevates your mood. Equally important however, is that exercise prevents the loss of lean muscle mass during periods of reduced caloric intake and is also critical for long-term weight maintenance. See number six below.

6. ARE THERE FOLLOW-UP PLANS TO HELP YOU KEEP THE WEIGHT OFF PERMANENTLY?

People experience different learning curves when it comes to changing their lifestyle. No matter how effective a plan is over the short-term, you have wasted your time, effort and money if you have to start from the beginning over and over again. Make sure that the plan you choose emphasizes permanent weight loss and has a system to support your efforts until you are comfortable going it alone. (1)

Fat Loss Secret Tip #1

I know you have heard of the saying *if you want to be successful, then surround yourself around people who are successful*, right?

The same thing holds true for weight loss.

When someone has lost the weight and kept it off, they are a great person to observe or follow because they have done it. It helps you in the fact that you maintain hope and do not get frustrated because you know now that is possible to lose the weight and keep it off because they have already succeeded at doing it.

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You have to believe and want it in your mind first to be able to truly keep on course of your weight loss goals. Or any little setback will plummet you back into your old, bad habits.

This is where the buddy who has succeeded in the battle of the bulge comes in handy. They can talk you through anything because they have already experienced all the battles and did not let it hold them back.

Imagine having the body of your dreams!

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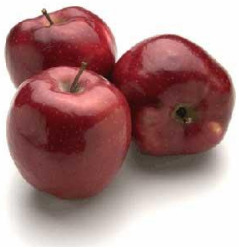
Chapter 2

Lose Weight Fast - Naturally With These 8 Simple Tips

This diet will ensure you're full of energy and vitality, improve skin tone, make your hair glossy, and detox and make you lose weight fast.

The above diet is totally balanced and unlike fad or crash diets will not deprive you of any food groups or make you feel ill

So here are your tips to lose weight fast…



1. Go Organic & Up Fruit & Vegetable Intake

Switch your shopping to buying organic ingredients and up your fruit and vegetable intake.

2. Drinks

Cut down or eliminate alcohol, fizzy drinks, and caffeine. Switch to Green tea loaded with antioxidants and make sure you get plenty of fresh water – 2 liters a day.

Water will flush out your system and is known to help speed up the fat burning process. Also, as many hunger pangs we get are thirst pangs, this will keep appetite in check.

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3. Eliminate Processed Foods

Such as burgers and pizzas, and get more good carbohydrates, such as oats, brown rice, and jacket potatoes to ensure that your blood sugar levels are kept even and you have plenty of energy.

4. Get Good Fats

We all need good fats—they're vital to our health and vitality. They will protect against illness, support the immune system, and make your skin, hair, and nails look better

The best way to get them is from oily fish, such as mackerel, salmon, sardines, herrings, and olive oil.

Make sure you get 3 - 5 servings a week, and take a fish oil capsule daily.

5. Up Your Intake of Lean Protein

Lean protein provides an immediate satiety factor—it keeps you full for longer periods.

It also prevents insulin spikes that lead to energy falls and sugar cravings.

It maintains muscle mass, which is crucial in the fat-burning process.

At least 20 – 30% of daily calories should be lean protein. Get it by eating:

Cottage cheese, low fat yogurt, skimmed milk, egg whites, fish, shrimp prawns, skinless chicken, turkey, beef, lentils, fish, kidney beans, tofu, and soy products.

6. Eat Fiber

This keeps food moving through your bowel. Just like water, fiber-rich foods bulk you up and make you feel full.

The average person could lose around 10 pounds per year just by doubling their fiber intake. The average person consumes about 8g per day; this should be increased to 25g per day.

It's found only in plant foods and our bodies are unable to digest it so it's simply eliminated.

In the process it cuts calories by attaching to some of the protein and fat that you eat along the way, eliminating that as well

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Finally, fiber-rich foods are normally low in calories and filling, so eating more of them means you're eating fewer calories and consuming fewer calories from other foods.

Start your day with a high-fiber cereal and keep eating fiber throughout the day.

Good choices include: strawberries, apples, figs, chickpeas, potatoes with skins, broccoli, brown rice, beans, and nuts.

7. Eat Regularly

Eat breakfast so that you don't suffer hunger pangs later in the day. Your body has been without food for 8 – 10 hours so fuel it and set yourself up for the day.

8. Portion Control

Make sure you aware of portion control with your 3 main meals. For example, to get the portion size of brown rice you can have, clench your fist and that's the amount you can have. It's the same with vegetables and protein consumed.

Fat Loss Secret Tip #2

This is the basic guideline to follow with any diet. If you want to obtain true weight loss you have to eliminate all the processed foods, sodas, cookies, artificial sweeteners, and pastries.

This is a good starting point because it cuts out the garbage. Cutting out the garbage helps facilitate your body to remove unwanted fat and toxins that have been building up in your body over time.

This is one of the many secrets to losing weight and keeping it off for good. I will go into more detail later when discussing detoxifying the body and how it is an integral component of your permanent fat loss.

Remember you are what you eat. If you put garbage in, expect the output to be garbage.

For example, you bought a very expensive, rare car that needs only a certain type of gas to run at its optimal level. You did just as you were told and filled it up with the specific gas. Your car runs beautifully.

Then one day, you decided, "I am going to put this other gas in it, it shouldn't make a difference." You kept doing this for 2 months, and then you started to notice that it wasn't running like it used to.

You ignored the signs of the car getting progressively worse, and then you go to start the car and it will not run.

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As the proper gas was needed for the car to run smoothly, the same holds true for your body.

If you continue to fuel your body with the wrong type of nutrients your body will eventually break down and not work at its optimal level.

The change will be hard at first, but your body will soon thank you for it by giving you more energy and less fatigue.

I am not saying you can never eat any of these foods again, but it is best to decrease as much as possible to reap the most benefits you can.

This is possible for you!

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Chapter 3

The Metabolic Type Plan

What is the right type of diet for you?

There is no single diet that is right for everyone—but **there is a diet that is perfect for you**. There is an ideal balance of the 'macronutrients'—proteins, carbohydrates, fats—which suits your body's specific biochemistry. Adjusting your eating patterns towards the **balance of foods appropriate for your metabolic type** can bring about noticeable improvements in body and mind.

Eating the wrong foods may cause unpleasant temporary symptoms such as lack of energy, irritability, depression, sweet cravings or indigestion. The long-term effects of an unbalanced diet can be much more serious, and result in chronic disease.

What is the history of metabolic typing?

The concept of using **individual diets for individual people** is not new. The ancient Greeks and Romans recognized individual food requirements. Chinese and Indian Ayurvedic doctors have for thousands of years recommended individual dietary variations based on different constitutional types.

The advances in nutritional science of the past century have led researchers to develop increasingly sophisticated systems for identifying unique individual dietary needs. **William Wolcott—author of *The Metabolic Typing Diet***—is now considered to be the authority on this subject. This book is a very readable analysis of the deeper principles involved in metabolic typing and provides clear advice on how to individualize your own eating patterns.

One important thing that William Wolcott has highlighted is that **the same food may cause different patterns of metabolic balance (or imbalance) in different people**. Additionally, two people displaying similar disease symptoms may need distinctly different diets to return to health. Therefore, it is important not to blindly follow popular diets. Even drugs and herbs can have markedly differing effects on different people and should be taken in consultation with a good naturopath or doctor.

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What do you need to know?

The most important distinction to make in regard to your personal biochemical needs is whether you are a Carb Type, a Protein Type or a Mixed Type. Here are the specific proportions of carbs/proteins/fats recommended for each metabolic type:

Carb Type:	25% Protein / 15% Fat / 60% Carbohydrate
Mixed Type:	30% Protein / 20% Fat / 50% Carbohydrate
Protein Type:	40% Protein / 30% Fat / 30% Carbohydrate

What metabolic type are you?

These proportions should be seen as a guide only. Each of us will have a unique metabolic type which corresponds with some point on a continuum between Carb Type and Protein Type. **Wolcott's book includes a questionnaire by which you can determine your metabolic type.**

There are many variables involved in these tests. My opinion is that **you can establish your own metabolic type simply by experimenting with different food combination**s and paying close attention to your body.

William Wolcott recommends that in order to optimize your weight, prevent or heal from chronic disease, increase energy and concentration, retain a youthful appearance, and just feel better in general, the most effective way is:

- Learn your specific metabolic type.
- Eat quality, healthy foods, and adopt other healthy lifestyle practices. Fresh whole foods are the most balanced form of any food.
- Learn to listen to your body to make adjustments as necessary.

I would add that you may first need to learn which foods fall into which category. Few foods are pure protein, pure carbohydrate, or pure fat. They are usually a mixture. However, for simplicity of understanding, most foods are categorized into one of these three groups according to their predominant composition.

Determining Your Metabolic Type

Your physical appearance and character is unique to you. Isn't that wonderful? Well, your insides are also unique! The way you digest, absorb, and create energy from food differs from even your own family members. Therefore, you need to learn about yourself. How can you do this? By **'listening to your body'.** This means **paying close attention to your own experience of different foods.**

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In particular you need to **pay attention to how you feel from the time you eat a meal until two hours later**. If you feel sleepy 30 – 60 minutes after you eat, this is a clear sign that you may be eating the wrong types of foods (or too much!).

This typically happens when we eat too much refined carbohydrate foods—however, for some metabolic types, protein-rich, fatty foods can have this effect. Many teachers notice a post-lunch slump in attentiveness from their students.

Workplace managers may be aware of a similar pattern in their staff. The most common reason for this is unbalanced food choices—breads, pastries, pasta, cakes, and soft drinks are the main culprits. Most people, even Carb Types, need to eat a greater proportion of protein with each meal to feel satisfied and energized. (2)

After meals, use the following chart as a guide to whether you are making good food choices:

Right Macronutrient Ratio	**Wrong Macronutrient Ratio**
Feel satisfied, not hungry or over-full	Feel physically full, but still hungry, or get hungry again soon
No food cravings—especially not for sweets	Have food cravings, especially for sweets, and feel that something was missing from you meal
Feel like energy has been restored	Fell tired, lacking energy—or too 'hyper', bouncing off the wall
Mind is clear, attentive and sharp	Difficulty concentrating, feel 'spacey'—the mind is racing out of control
Feel happy!	Feel down, depressed, apathetic—or irritable and short-tempered
Any disease symptoms are either unchanged or improved	Disease symptoms worsen

Fat Loss Secret Tip #3

This plan is the best way to figure out what foods are suitable for you and your body. Just like there are no two snowflakes alike, there is just one of you that metabolizes and processes certain foods they way you do.

Have you ever wondered why your friend can eat a protein diet, and lose weight. You try to eat the same way and actually gain weight.

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That is because you are *biochemically* different than they are.

After years of research of different health plans, I have found this to be the best. This takes in consideration that YOU are biochemically different, so you need an eating plan that is specifically designed just for you.

This only makes perfect sense, right?

You should definitely start here and find out exactly which type you are. Later on, you will be given other secrets to losing that bulge, which will require you to consume certain proteins, fruits, grains, and vegetables.

This will give you a great advantage and jumpstart because now you know the proper combination of foods to give you your optimal energy and the body you have always wanted!

There are several free online tests, but this one I found to be very good to find out quickly and easily what your personal metabolic type is.

Even though this test gives you the proper foods to eat and your type, it is only a fast condensed version. This online tool only gives you a starting point to go from.

I *strongly* recommend that you purchase the book *The Metabolic Type Diet by William Wolcott*. In the book, there are actually 65 questions that will be even more specific. This will fine tune your certain type if you are possibly on the borderline of one type or the other by doing the online mini-version.

The book goes in much more detail about the list of foods you can eat and background about how and why the system is so effective. It is a wealth of knowledge for you who are serious about obtaining the secret for true health.

You can find the book here. I, personally, like to buy the used versions because it is just such a smart buy.

Do not worry; you will be fine to continue even if you have not purchased the book yet.

As long as you know what your metabolic type is and some of the foods that are right for you, you are able to still immediately incorporate my fat loss secrets into your life right away!!

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Chapter 4

Changing Your Eating Habits

Now that you have found your personal Metabolic Type, you are now ready for the next step.

I hope you have realized by now that the food you eat or do not eat has a direct impact on how you feel, look, and behave.

This is why you are in the predicament that you are in. Do not wait to value your health until you lose it. That is why the old adage says an ounce of prevention is worth a pound in cure.

Now that you are enlightened about all the toxic garbage that is being put in your body daily, and causing YOUR weight gain, lethargy, moodiness, depression, and whatever else that ails you….

You may ask “Now what.”

This is such a daunting task. How am going to do this?

First, take a deep breath. It is going to be OK!

I am going to give you a method to do this change easily and with as little discomfort as possible.

You might read this and say OK, I will just go wild and throw out everything that is boxed, processed, and canned. All my sodas, coffee, refined sugar, junk food, milk, artificial sweeteners, everything that is not organic, is GONE!! I will just go “cold turkey.”

Then you are like me. I am extremist in my thinking—it is all or nothing. I guess you and I like the pain!!! Ha ha!!

Or you might need a gradual change instead, which is definitely quite alright.

Most health professionals say you must do a detox diet first to remove all the toxins built up over the years of consuming these toxic foods before changing your current diet.

I disagree. I know through experience with several patients of my own that it was easier for them to gradually remove the bad foods over a period of time and *then* do a detox program after.

The other way, they had severe withdrawal symptoms that were quite unpleasant for them and made them discourage about the healthy change that they wanted to achieve.

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If I were talking about 50 years ago, when the world and you were not as toxic, you could do a detox diet first and probably have very little withdrawal symptoms. Now, I believe you are *too toxic* to be able to do this step first.

Later on, I will discuss what is a detox, benefits you can expect from a good detox, and simple detox programs that will help keep your body running at its optimal level of health and wellness which will you drop those pounds quickly and permanently.

15 Days to a New You!!

Remember that I said it was going to gradual. Over a 15-day period of changing from your old habits to your new ones. This way the change will have a better chance of actually sticking.

Each day you are going to remove a certain bad food/beverage and replace it with a healthy one.

For example, say you love Diet Cokes. You drink 4 a day. First only drink 3 Diet Cokes and replace the 4th Diet Coke with sweet tea (no artificial sweeteners). Use sugar instead—the lesser of two evils.

Then the next day only drink 2 Diet Cokes and replace 2 sweet teas instead. Do this until you are drinking 4 glasses of sweet tea instead of Diet Cokes.

Now you are drinking sweet tea only.

Each day now remove one sweet tea and replace it with unsweetened tea. You can add any of the natural sweeteners for a little sweetness to reduce the withdrawals. The best natural sugar, which is really not a sugar at all, is called Stevia.

Click here to learn more about Stevia. You continue to do this every day until you are drinking unsweetened tea.

Then after you have achieved that step you want to now replace the 4 teas with fresh spring water. Do this until you are only now drinking water.

After this process you will no longer crave the Diet Coke. If you do drink one out of curiosity because you think you miss it, you will be shocked to find that it tastes horribly.

What you have done is actually gradually cleansed your system of this toxic beverage.

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You follow this pattern with anything that you are eating or drinking that is harmful.

You say, “I do not have a problem with sodas, but I DO have a problem with fried foods?”

Well, you use the same step-by-step method that I showed you previously with Diet Cokes, just now you are replacing the fried foods with eventually a healthier alternative of vegetables.

For example, you eat French fries with every meal.

1st Day: 2 meals with French fries. 1 meal with a baked potato with butter.

2nd Day: 1 meal with French fries. 2 meals with a baked potato with butter.

3rd Day: 3 meals with a baked potato with butter.

4th Day: 2 meals with a baked potato with butter. 1 meal with steamed vegetables with butter.

5th Day: 1 meal with a baked potato with butter. 2 meals with steamed vegetables with butter.

You see the pattern right; eventually you will be eating vegetables. You will not be eating the French fries.

It is an easier progression to go from French fries to baked potatoes to vegetables than going directly to vegetables.

Remember: be patient with yourself. It took years to create these habits. It is going to take some time to replace them with good ones.

You use this simple formula with anything.

If you eat canned or processed food you can replace fresh whole foods daily by using this simple formula.

Eventually you will be eating a diet of organic whole foods and grains.

Over time, with this process, you will notice that you will have more energy, increased vitality, and have lost that weight that you have been struggling to lose.

I say 15 days because it might take you 15 days to be able replace all of your bad habits with healthy new ones.

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Fat Loss Secret Tip #4

This is one of the major obstacles to overcome to really jump start your body into a fat burning machine. After years of eating this way, your body is so toxic that it will not let you lose weight despite your arduous efforts.

Once you have abandoned all the toxic food, your body will stop focusing on trying to remove the garbage and now begin to burn that fat now at a rapid pace.

You must be patient with yourself; if you eat the wrong foods one day, write down the reason why...

What was the cause?

Was it stress?

Was it boredom?

This will help you figure out the certain triggers/coping mechanisms for *you that* make you default to eating garbage. This is one of the keys into really keeping that weight off.

Figuring out these certain triggers will allow you to stop them before the downward eating binge spiral begins!!

All your hard work in changing those habits will be briefly sabotage by these triggers.

You will quickly find out though that it may taste and feel good at the moment, but when you change your eating habits like I described above your body will let you know that you are off the beaten path by headaches, bloating, and nausea.

That is a great thing, because that means that your body has begun to cleanse and adapt to a healthier you!

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Chapter 5

Detoxifying Your Colon and Liver

By far this is the biggest secret of all. This is what is really going to melt the weight off.

Do you ever sit back and think when I was in my 20's I could eat anything I wanted and did not gain weight.

Now I am in my 30's, 40's, 50's, 60's, and so on and if I even LOOK at a donut I gain 10 lbs!!

That is because you are TOXIC!!

In today's times, the increase in toxins within the environment and foods (dead foods) you consume is out of control.

Your body's own natural detoxification system can no longer keep up and remove the toxins at the rate that they are being ingested.

Hence, so when you begin to gain weight your body is undeniably toxic.

The fat that your body has accumulated or stored is a way to protect your vital organs from more toxicity building up.

A sure sign that you have toxic buildup is fat around the midsection, buttocks and/or thighs.

This also is a good indicator that your liver is not functioning at its optimal level.

When these toxins are built up faster than the body can remove, you will actually produce more fat for the specific purpose of storing these unwanted excess toxins to protect your vital organs from more toxins.

This fat is that stubborn no matter how many crunches, lunges, miles you jog on the treadmill fat that despite you arduous efforts it never goes away. YUCK!

This fat will only be removed when you do something to detoxify your body.

When you detoxify your body of these toxins, your body now has a chance to repair and rejuvenate itself.

As the toxins are removed the stubborn fat will be removed also!! Yeah! Yeah!

No more love handles or saddlebags ladies and gents!!

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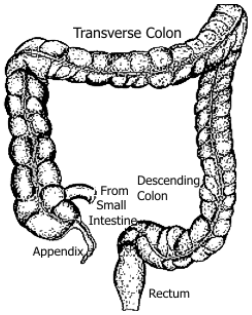
This is the secret that all those fad diet companies definitely do not want you to know.

They want you to continue to be on that rollercoaster of the bulge so they can keep getting you fatter.

This makes you a slave to their empty promises of keeping the weight off.

I am going to walk you through how to properly detox the colon and liver to attain not only fat loss, but also to increase *your energy* and *vitality!*



Healthy Colon

The Colon

The colon is first priority to detox because the liver dumps all of its toxins into the colon to be removed.

If your colon is constipated/clogged the toxins are then reabsorbed by the liver causing it to dump its excess toxins back into that stubborn fat.

Why do we need to clean our colon?

The colon is the most neglected and forgotten part of the body. Colon health emphasizes prevention rather than cure.

Every tissue is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so are the organs.

So this is why you start here, because you can eat all the organic foods, the best vitamins, and exercise, and if your colon is dirty, it doesn't matter because you are re-circulating toxins back into your system and never absorbing the "good stuff" only the garbage.

Think of your liver as a big sponge that filters out all the bad stuff and the colon as the dump where is everything is taken to be removed.

If the dump is full, then it overflows back into the system where it was removed to begin with.

If you're your garbage can was full to the top in your house, you would not keep piling it up would you?

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No, you would take the overflowing stinky garbage outside to be removed from your house.

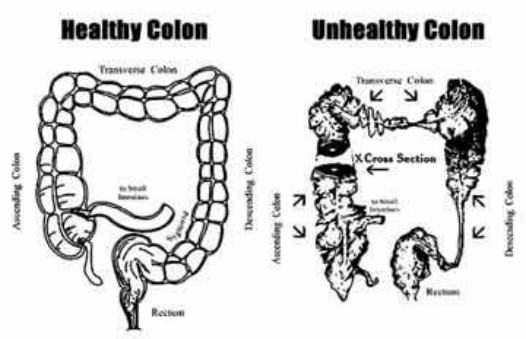
The same thing is true about your colon. If you would not let garbage rot in your house, then why would you let it rot in your body?

Did you know according to many experts that you can have up to 5 – 25 lbs. of fecal matter stored in your colon?

By detoxifying your colon first, it will jumpstart the removal of all the unwanted toxins that have been stored in your fat over the years.

You should be having ideally at least 3-4 bowel movements a day. If you only have a bowel movement once a week you are severely toxic.

The saying to remember is *"One meal in, one meal out".*



All of that dead putrefying material stuck in your colon, no wonder you are not able to lose weight.

Parasites

You can only imagine also what lives in there, PARASITES!

Yes, I said parasites.

These creatures are also what are keeping you from losing that unwanted weight!! They only survive by living in a toxic unhealthy colon.

"Parasites are a major cause of obesity since they deprive the body of the proper nutrients and leave you only empty calories as leftovers. The body starts to crave more food as it is starved for the ever-so-needed vitamins and minerals."—according to Dr. Donald Kelley, a leading expert on weight management.

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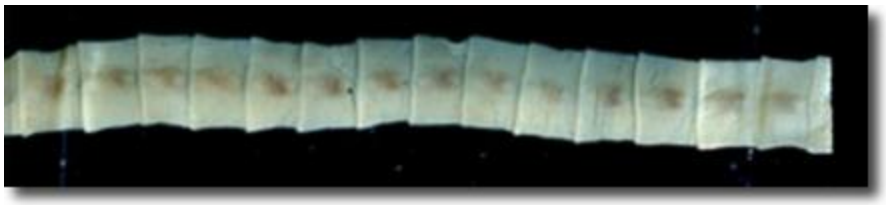
According to ***The Life Tree,***

Microbial infestations may promote compromised health in their hosts. Parasites live off our body's life-force and the sustenance that we ingest. In addition to a loss of nourishment and cellular damage, the toxicities produced by these creatures play havoc with our immune system and degrade the optimum health of their host.



Tapeworm Proglottids

What exactly is a parasite? A parasite is an organism that lives off the host, the host being you or me. The parasites live a parallel life inside our bodies, feeding off our own energy, our own cells or the food we eat, and even feeding off the health supplements we use.

It has been reported that 85% of the North American adult population has at least one form of parasite living in their bodies. Some authorities feel that this figure may be as high as 95%.

The immediate question that comes to mind when people are informed of this situation is: How can a parasite possibly live in my body and I don't even know it is there? The answer to this is simple.

The purpose of a parasite is to not make itself known. A smart parasite lives without being detected because if it is detected, of course, something is going to be done to eradicate it. If you think parasites are stupid, think again. They are highly intelligent organisms. Not intelligent in the same way humans are, but they are intelligent in their ability to survive and reproduce, which is of course, the purpose of any organism on this planet.

Whipworm Infestation of the Intestines

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We don't know why every generation prior to modern times made de-worming a regular part of their lives, but our generation chooses to ignore this basic practice. We recognize that people in third world countries have parasites.

We also recognize that all of the animals we eat, and pets who live in our homes have an innumerable number of parasites and worms, but we seem to dismiss the notion that we as civilized people might also have foreign entities living within us as well.

For whatever reason the medical profession chooses to try to down-play this fact, but this knowledge is becoming more and more publicly aware in this day.

Also, some more eye-opening facts about parasites:

- Medical textbooks have estimated that over 150 million people in America alone suffer from intestinal parasite infection.
- Over 55 million American children have worms.
- Once in the intestinal tract, parasites have easy access to other parts of the body where they imitate various symptoms and diseases. Even worse, it can enlarge the liver, invade the lungs, brain and skin, and can cause grave complications.
- According to the National Geographic award-winning documentary, *The Body Snatchers*. "In fact, parasites have killed more humans than all the wars in history", Discover magazine published a feature article in its August 2000 issue: "Every living thing has at least one parasite that lives inside or on it, and many, including humans, have far more.
- Many doctors call it the “silent epidemic”, affecting 8 out 10 Americans.
- Human can play host to over 100 different kinds of parasites ranging from microscopic to tapeworms that are several feet long.
- The quickest way for parasites to enter our bodies is through contaminated food, improperly washed fruits and vegetables, and insufficiently cooked meats.

Common Symptoms of Parasites in Humans

- Constipation
- Diarrhea
- Gas and Bloating
- Irritable Bowel Syndrome
- Joint and muscle aches and pains
- Anemia
- Allergies
- Skin conditions
- Nervousness
- Sleep disturbances
- Tooth grinding/clenching
- Chronic Fatigue
- Excess weight gain
- Immune system dysfunctions

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"90% of all disease and discomfort is directly or indirectly related to an unclean colon (due to impacted fecal matter)," according to the Royal Academy of Physicians of Great Britain. The Academy identified over 36 different kinds of poisonous substances that form in the colon. These toxins are absorbed by the bloodstream and have detrimental effect on the body.

Look at this video from YouTube on a tapeworm in the colon!!

Here is another YouTube video—you will be absolutely amazed!! It shows how diet is directly related to your colon health!! You can definitely change it no matter how far gone you think you are!!

The good news is that if you have a clean healthy colon, parasites cannot survive!!

Just look at some of these pictures of what has been removed from other people's colon when they did a colon detox program!! Be prepared to be shocked!! View at your own discretion!!

Yeast (Candida Albicans)

Not only do you have parasites, but also you more likely have a yeast overgrowth in your colon.

Yeast, when it is under control by your immune system, is not a problem. But when your immune system is low, the yeast grows out of control and becomes a major pest.

Candida Albicans has been referred to as a *"Dr. Jekyll and Mr. Hyde"* sort of critter.

Here's why: It can branch from a single cell yeast form into a branching fungal form. These branches can burrow beneath the surfaces of your mucous membranes in your colon.

Candida overgrowth may cause leaky gut syndrome. Toxins and food allergens may then pass through this membrane and go to other parts of your body.

If you have ever taken broad-spectrum antibiotics for acne, infections, or for just a cold, then you more likely have a yeast overgrowth problem.

The yeast is not affected by the antibiotics, but the other beneficial bacteria are.

Hence, yeast decides to grow their family even larger because now there is more room in your happy home they call your colon!! YUCK!

Yeast may be a direct result of you craving all that sugar.

Yeast LOVES sugar and desperately needs it to survive.

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That is why despite your great efforts you just cannot stop eating those cookies, sodas, and donuts.

So it is not that you do not have willpower, but in fact, it is because the yeast has its own agenda and that is survival!!

So by cleansing the colon and replenishing it with probiotics you can greatly reduce the yeast in numbers and get it back into control where it does not wreak havoc on your body, causing you to store fat.

Here is a quick Candida quiz to find how if you are suffering from a yeast overgrowth.

Here is another simple easy at home test you can do to see if you have Candida.

To reduce Candida, you need to remove those foods that it loves:

1. ***Avoid yeast-containing foods:***

- Beer, wine, and all other forms of alcohol
- Breads, rolls, pretzels, pastries, cookies, and sweet rolls
- B–complex vitamins and selenium products, unless labeled “yeast–free”
- Vinegar or foods containing vinegar, such as mustard, salad dressings, pickles, barbeque sauce, mayonnaise
- Commercially prepared foods such as soups, dry roasted nuts, potato chips, soy sauce, cider, natural root beer, olives, sauerkraut

2. ***Avoid mold-containing and mold-supporting foods:***

- Pickled, smoked or dried meats, fish, and poultry
- Cured pork bacon
- All cheese, aged or fresh
- Mushrooms
- Tempeh
- Soy sauce, tamari, and miso
- Peanuts, peanut products, and pistachios
- Herbs and teas that may be moldy
- Malt or foods containing malt
- Canned or prepared tomatoes (fresh tomatoes are fine)

3. ***Avoid all concentrated sugars:***

- Honey, maple syrup, brown sugar
- Fruit juices (canned, bottled, or frozen)
- Dried fruits
- All processed sugar
- Anything containing high-fructose corn syrup
- High Glycemic index foods

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So now you understand more than ever why you cannot lose weight!!

That is what is in your colon right now!!

I am sure you are like “I want to remove that nasty disgusting garbage out of me immediately”!!

Or maybe you are thinking, “No wonder I cannot lose weight!”

Ladies, ever wonder why you have that “pouch” that sticks out no matter how many crunches you do!

Gentlemen, ever wonder why you look like you are 9 months pregnant despite you running 5 miles a day!

It is because your colon needs to be cleansed.

So when somebody tells you are full of you know what, they were not kidding!! Ha! Ha!

Just a little colon humor!! Sorry, I could not resist!!

This is the “dirty little secret” that the fad diet companies do not want to you to know. Despite their efforts to keep YOU in the dark, I am here to tell you—this is the KEY to your permanent weight loss.

They are a few different methods to cleanse your colon of parasites and Candida. I am going to remove all the guessing for you though and give you the quickest and most efficient way to do that, which will produce amazing results.

By following this plan you will see the fat just melt off and you will finally be able to realize your weight loss goal and have more vitality than you have ever had before!

Colon and Liver Cleanse

There are 4 vital ingredients to efficient colon and liver cleanse. They must be all used together to achieve optimal results.

1. Psyllium Husks Fiber or Oat bran Fiber- Fiber is meant to create intestinal volume to promote and eliminate constipation and produce weight loss. You should be consuming 20-35 grams of fiber a day just to maintain a normal healthy colon. This is a bulk forming soluble fiber that acts as scrub brush inside your colon. When it reaches your colon it swells up and absorbs toxic material that is lining your intestines. It helps dislodge the toxic waste from the crevices and folds of the colon. This is then passed as a spongy, jelly-like, mucous-filled mass that is now removed from your colon. It is taking with it all the parasites and yeast that have called your colon home for many years. YUCK! This is what will jumpstart your body into now removing that unwanted fat that has been stored to protect your body from those unwanted toxins!!

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2. Milk Thistle Seed Extract- This herb is the best way to detoxify and cleanse your liver. Medical use of milk thistle can be traced back more than 2,000 years. The dried fruit of milk thistle contain a flavonoid complex known as silymarin. Milk Thistle Extract protects the cells of the liver by blocking the entrance of harmful toxins and helping remove these toxins from the liver cells. The liver is your body's filtration system for all harmful substances that enter it. The healthier and cleaner your liver is, the better it can perform in detoxifying and purifying your body to remove the toxins that are stored in your fat.

3. Herbal Laxative- This is a safe non-habit forming laxative. It is not like the laxatives you buy over the counter in a drugstore that has harmful chemicals in it. This promotes the regular and consistent bowel function. If the toxins are not flushed out daily, reabsorption occurs and the liver is now working overtime. Cascara sagrada bark and Senna leaf are the main ingredients to stimulate bowel movements. Eventually, once you become regular, will not need to take these supplements/teas to enhance your bowel movements. Your body will become regular on its own, because now it has removed all the toxic garbage from your colon. You need this initially because you must make sure that you are removing all the toxins that are being released.

4. Anti-Parasite Herbal Remedy- There are 3 main herbs that are needed to kill the parasites and their eggs. They should be included in your colon cleanse. The 3 herbs are *Black Walnut Hulls*, *Wormwood*, and *Cloves*. These three herbs must be used together. Black walnut hull and wormwood kill adults and developmental stages of at least 100 parasites. Cloves kill the eggs. Only if you use them together will you rid yourself of parasites. If you kill only the adults, the tiny stages and eggs will soon grow into new adults. If you kill only the eggs, the million stages already loose in your body will soon grow into adults and make more eggs. They must be used together as a single treatment.

You can purchase this cleanse in a kit. I love the cleanse kits because it makes it easy and simple to do without changing your daily routine. Most of these quick cleanse kits are capsule form, which makes it very simple to use.

In sampling many of the products on the market myself, I always found that most of the products were good, but I knew with a few changes and using better quality of herbs they could be great!

As I was researching for my product, I discovered a *"secret blend"* of Amazonian herbs that when combined together creates a powerful synergistic effect on detoxifying the colon and liver; and as a result it **INCREASES** your **FAT BURNING** capabilities **3 fold!**

Getting such great results with the trials I decided to get this manufactured and get it to the people who could really benefit from this. That's YOU!

So after of months of research and patient trials I have developed my very own formulated detox cleanse called Lotus Purity Detox Cleanse.

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Since you ordered the eBook you are qualified for a 50% discount. To order or reorder go here:

~~~~~>>www.lotuspurity.com

Lotus Purity Detox Cleanse is a strong, yet gentle cleanse that gets results. While going through this cleanse you might experience bloating, cramping, diarrhea, headaches, achy muscles, and gas. These are all NORMAL because your body is detoxifying and flushing all the toxins out of not only your colon, but every cell, tissue, and organ. This should last about 3-5 days. The end of the rainbow is more energy and fat loss.

Make sure to HYDRATE! HYDRATE! HYDRATE! I mean water, not *coffee, teas, or sodas*. Just plain WATER!!

Be patient with the results. You might lose 20 pounds in the first month or maybe only 10 pounds.

** *Just remember it took years to accumulate all that nasty, toxic garbage in your colon, so it may take more than a month or two to see results.* **

Fat Loss Secret Tip #5

If you want to see even quicker results with the weight just melting off, I recommend you do a vegetable juice fast for about 3 days prior to starting the colon cleanse and 3 days into the colon cleanse.

That means no coffee, sugar, dairy, meat, or sodas.

I know, you are thinking no food for 6 days—I will just die!! Believe me; you will definitely not die of starvation!! Ha! Maybe of hunger! If it is too much torture for you or you do feel hungry eat fruit or vegetables.

STAY AWAY FROM THE GARBAGE FOOD!!

Juice fasting is amazing for the body because it allows your body a rest.

Here are great do's and don'ts of juicing and recipes that you can create.

When you begin the colon cleanse, you will be removing the old waste instead of new waste that is accumulated on a daily basis from eating solid food.

Once you start the cleanse, you will be amazed at the disgusting garbage that will be coming out your system within just 2 days. After the 6th day, you can begin to eat healthy fruits, vegetables, and lean meats.
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Try to stay away from the junk though for the first 7 days of the colon cleanse. This can jumpstart your results by 10 fold just by following this plan. Once you are further into the cleanse, you will begin to crave healthy foods instead of the other. You will be amazed how much weight that you will lose.

If you have any of the following conditions you should consult a physician prior to doing this juice fast: diabetes, hypoglycemia, eating disorders, anemia, epilepsy, kidney disease, impaired or weak immune system, cardiac arrhythmias, cancer, peptic ulcer, malnutrition, pregnancy, nursing, gout, lactation, severe bronchial asthma, terminal illness, tuberculosis, ulcerative colitis, any condition that causes depletion and weakness, underweight, chronic infection, nutritional deficiency, serious disease. People should not try juice fasts before or after surgical procedures. Fasting can reduce blood proteins and change the way prescription drugs react in the body. People taking prescription medication should consult a health professional skilled in detoxification before trying a juice fast.

Another great tip is to start brisk walking every night or morning to get the blood pumping, which will help detox your body better. You should start off about 10 minutes a day for 2 days and continue to increase by 10 minutes a day until you are walking briskly about 45 minutes.

You should be sweating; if not, then you need to speed up the pace. The sweating and exercise is shown to help flush the toxins out, which will directly result in a healthier colon.

Studies have shown that exercise can reduce colon cancer by half.

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Chapter 6

How to Maintain Your Results

Now that you have lost that unwanted fat and gained more vitality and energy, you probably are asking yourself, now what?

How do I maintain this?

Well, after all that hard work you do not want to return to doing the same things that got you into your predicament in the first place, right?

The reason why your colon became so toxic was because of your *poor food choices* and more likely, their *poor combinations.*

Some foods, for example, take longer to digest. Meat takes longer than fruit to digest, so why would you combine those two foods together?

You wouldn't!! What happens is the fruit that only takes about 20-30 minutes to digest and move on to the small intestine is now stuck in the stomach with meat (which takes 3 hours or more to digest), causing it to ferment.

This fermented food now travels to colon, where it sits even longer. This is causing your colon to become very toxic overtime.

So the proper combination of food creates optimum digestion and assimilation.

Proper food combination is to eat foods in the same meal that are digested in the same way in order to reap maximum nutritional benefit.

For example, eat protein and starch/carbohydrates SEPARATELY!

Why?

The reason is that amylase, the enzyme that digests starch, needs an alkaline environment. Protease, which breaks down protein, requires an acid environment.

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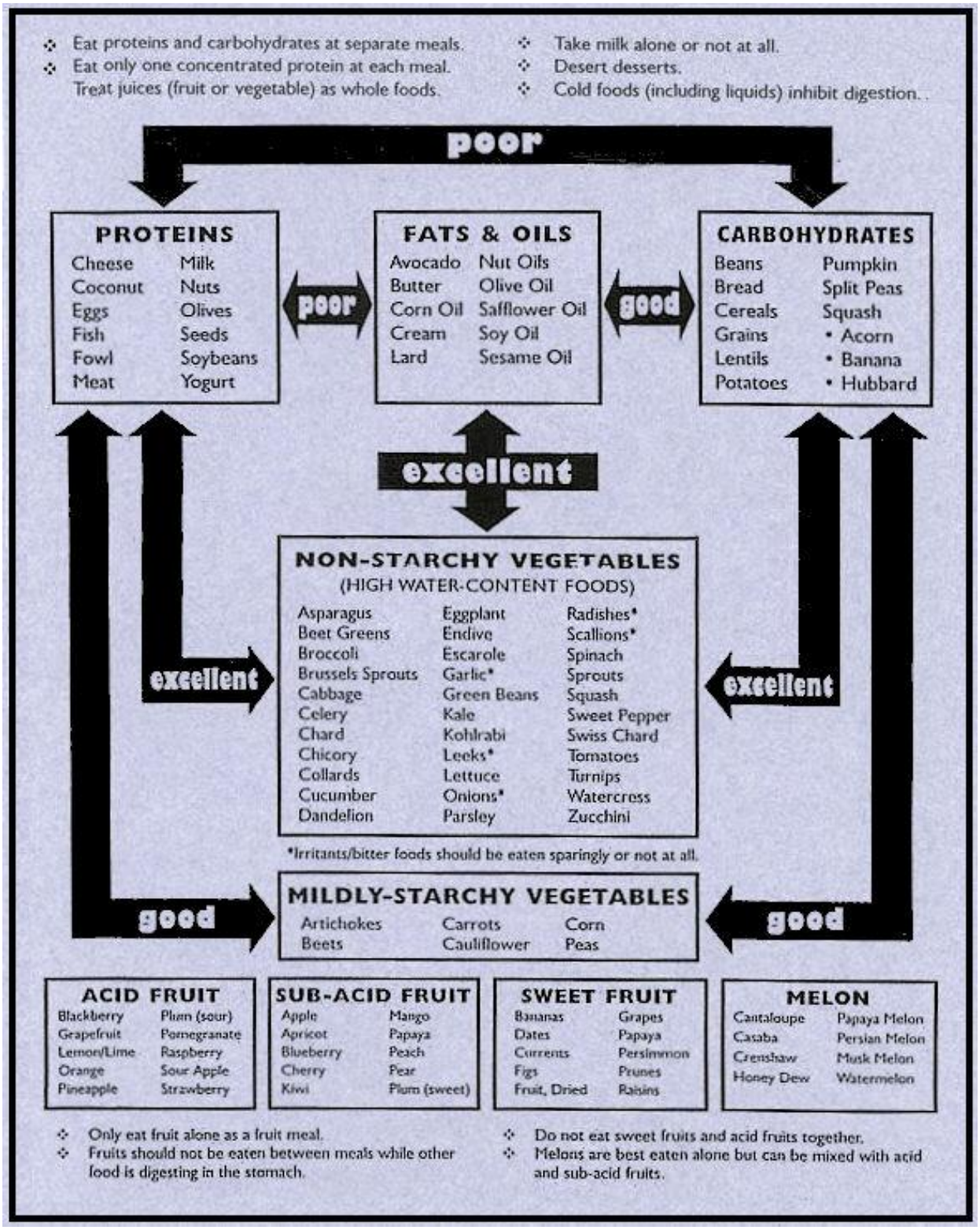
Here is a simple chart to follow:



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Fruit…..Eat fruit first thing in the morning or alone. When fruits are eaten with other foods and the digestive track is not empty, the fruits tend to ferment. The best way to remember this is to restrict fruits to the morning.

Simple way to remember this is:

Eat **protein** and **vegetables** together. = **GOOD**

Eat **vegetables** and **starches/carbohydrates** together. = **GOOD**

Enzymes

Enzymes are essential and necessary for food digestion.

The lack of enzymes leads to poor digestion, poor absorption, as well as accumulation of undigested food, material, and metabolic waste and putrefied fecal matter in the intestinal tract.

This can lead to food allergies, overgrowth of parasites, yeast and unfriendly bacteria, indigestion, constipation, bloating and many other colon problems.

If we combine our food right, do not overeat, and eat “real food”, your body produces these enzymes and digests the food completely.

These digestive enzymes are found in raw fruits and vegetables.

As you know, your processed, cooked, steamed, microwaved, or baked food is devoid of these enzymes.

This is the majority of food you have more than likely consumed.

Again, it is not your fault. Now that you have cleaned and detoxified your colon and created a fat-burning machine, you want to keep it that way!

As your body ages, enzyme production slows dramatically. It usually begins around 30-35 years old. It continues to degrade more and more the older we get.

You can prevent it from getting worse though. You can replenish the enzymes through supplementation.

This is a great preventive measure in keeping your colon clean!

It is in capsule form and you can buy it online or in any Natural Health Food Store.

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When you purchase the enzymes, just make sure the digestive enzyme complex should include *lipase* for *fat digestion*, *protease* for *protein digestion*, *amylase* for *carbohydrate digestion*, *lactase* for milk digestion, *alpha galactosidase* for *legume digestion,* and *cellulase* for *fruit* and *vegetable digestion*.

You take the enzymes in the beginning of each meal. You can take 1-4 capsules depending on your personal digestive needs.

Fiber

You must now understand the great importance of having a diet full of fiber. Fiber is what keeps your colon functioning at its best. This is your cleaning crew that scrubs and keeps the colon free from all the toxic junk.

So another great way to maintain the great fat loss results is to continue with your intake of fiber on a daily basis.

A good way to curb your appetite is to drink or take your Psyllium fiber 30 minutes prior to your meal. The fiber will expand and give a feeling of fullness quicker. This will help prevent you from overeating.

Once fiber-rich foods get into the intestines, they also help produce the hormone CCK (cholecystokinin). This is the hormone that sends messages to your body and brain to let you know you have eaten enough, and are full. Hence, you able to control your appetite and keep losing that stubborn fat!

You need at least *25-35 grams* of *fiber a day*. That is considered 5 servings of fruits and vegetables.

If it is difficult to consume 5 servings a day in food form, then just continue to take the Psyllium fiber that you purchased with your cleanse.

I recommend taking your fiber in the morning and the evening before you go to bed.

For more great tips and a FREE prescribed high fiber diet plan created just for you click here now.

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Aloe Vera Gel/Juice

Aloe Vera gel/juice is great for maintaining your colon health.

It has detoxification and laxative qualities and improves the efficiency of the colon, which is extremely important for good health. Aloe Vera juice contains nineteen amino acids, twenty minerals, and twelve vitamins, and as such is an excellent, natural nutritional supplement.

Drinking two to four ounces a day is all that is required to gain the many benefits of Aloe Vera juice. Aloe Vera juice/gel can aid your digestion, improve your circulation and detoxify your body and cleanse your colon.

You want to make sure when you purchase it, the bottle blocks all light. The light damages the Aloe Vera gel/juice by oxidizing it. So basically, the bottle will be black.

By including this in your maintenance plan, you will be able to keep your colon clean and functioning better. So in between your quarterly detox colon cleanses you will keep continuing to lose that weight and keep it off!!

Remember: drink plenty of water. The rule of thumb is take your body weight and divide it by 2 and that is the amount in ounces of water you need to be drinking each day!

By eating a diet high in fiber, you also maintain a body that is more alkaline. When your body is alkaline, it is less likely to suffer from disease and excess weight. The way to maintain your weight loss is to keep acid producing food to a very minimum.

The way to remember is *80% alkaline and 20% acid.*

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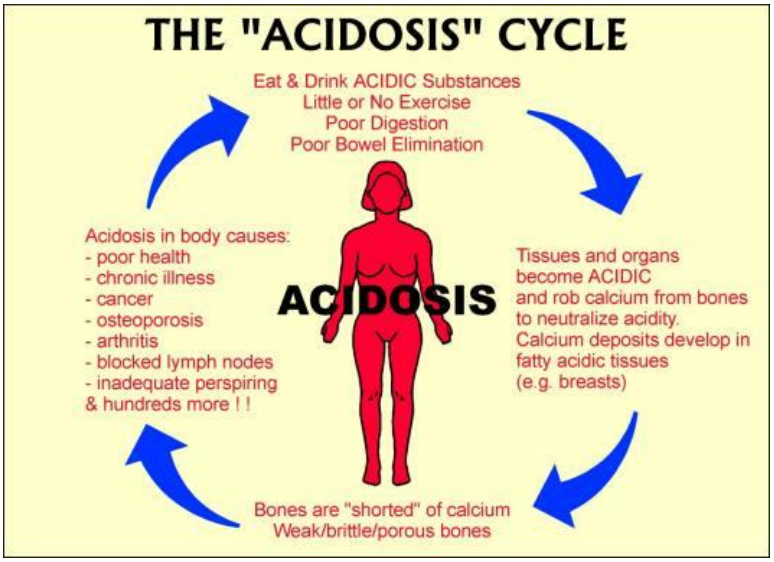
Here is an example of some acid/alkaline forming food.

When you look at your plate, it should be almost all vegetables with just a little protein.

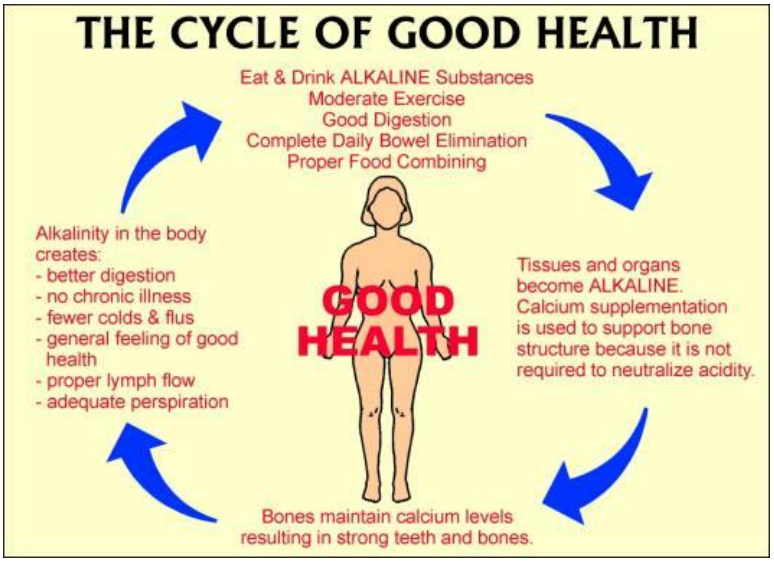
Acid-Forming Foods: tobacco, alcohol, coffee/tea, medications, meats, fried pastries, dairy, refined sugar, and grains.

Alkaline-Forming Foods: figs, soybeans, lima beans, apricots, carrots, raisins, tomatoes, apples, grapes, pineapples, coconuts, potatoes, bananas, and almonds.

This is where most people who are overweight are at:


THE "ACIDOSIS" CYCLE
Eat & Drink ACIDIC Substances
Little or No Exercise
Poor Digestion
Poor Bowel Elimination
Acidosis in body causes:
- poor health
- chronic illness
- cancer
- osteoporosis
- arthritis
- blocked lymph nodes
- inadequate perspiring
& hundreds more ! !
ACIDOSIS
Tissues and organs become ACIDIC and rob calcium from bones to neutralize acidity. Calcium deposits develop in fatty acidic tissues (e.g. breasts)
Bones are "shorted" of calcium
Weak/brittle/porous bones

When you change your food choices to more alkaline, your body becomes a fat-burning machine and prevents many diseases.


THE CYCLE OF GOOD HEALTH
Eat & Drink ALKALINE Substances
Moderate Exercise
Good Digestion
Complete Daily Bowel Elimination
Proper Food Combining
Alkalinity in the body creates:
- better digestion
- no chronic illness
- fewer colds & flus
- general feeling of good health
- proper lymph flow
- adequate perspiration
GOOD HEALTH
Tissues and organs become ALKALINE. Calcium supplementation is used to support bone structure because it is not required to neutralize acidity.
Bones maintain calcium levels resulting in strong teeth and bones.

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Remember these Fat Loss Secrets

- Avoid processed foods and additives
- Eat organic fruits and vegetables daily
- Increase your fiber to at least 25-35 grams daily
- Eat 80% alkaline-forming foods and 20% acid-forming foods
- Drink your fiber 30 minutes before breakfast and dinner to curb your appetite
- Do a colon and liver detox cleanse every 3-4 months for maintenance
- Proper food combinations
- Use your digestive enzymes with every meal to assist breakdown and digestion
- Drink at least half your body weight in ounces of water per day
- Drink 2-4 ounces daily of Aloe Vera juice/gel
- Exercise at least 3 times of week

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Bonus: Free Fat Loss Exercise and Weight Loss Tips

Exercising for Weight Loss

Most people know that exercise is an important part of any weight loss program, but there is considerable confusion over what type of exercise and how much is needed to produce maximum results.

Even experts cannot agree as to what the “right” exercise is to produce weight loss, and, in part, this confusion lies in the fact that many experts rely on only a partial analysis of the available research on exercise physiology, and there is often a tendency to make “one-size-fits-all” recommendations, when the reality is that different people will actually get different results from different approaches.

Let’s begin with what the current research on exercise physiology tells us. It is well-established that it takes approximately 30 minutes of any kind of exercise for the body to burn off its glycogen (stored sugar) reserves and begin burning fat. So, most experts recommend at least 30 minutes of exercise, and generally 60 minutes or more may be recommended to get a good amount of fat burning.

Now, if you are going to be exercising for 30 to 60 minutes, or maybe more, what type of exercise would you be able to do for that length of time? It probably would have to be low to medium intensity. In other words, you're probably not going to be able to run full speed or do any other type of high-intensity exercise for 30 to 60 minutes without a rest, unless you happen to be an elite athlete, and even then you'd be struggling.

So, by default, the common recommendation for exercise to lose weight has been 30 to 60 minutes of low to medium intensity aerobic exercise. Aerobic translates to “in the presence of oxygen”, which, in common language, means that aerobic exercise is any type of activity that you can do without gasping for breath.

In recent years, some experts have changed their recommendations to using a more intense anaerobic (“without oxygen”) exercise program for weight loss. This would include things like intense weight lifting, and something called “interval training”. Interval training involves brief bursts of high intensity activity with periods of rest or low intensity activity in between.

For instance, you could sprint at full speed for 30 to 60 seconds, and, once you were winded, you could walk at an easy pace for a couple of minutes until you could catch your breath, then repeat the cycle several more times.

Because this kind of workout is much more strenuous, it is performed over a much shorter period of total exercise time—about 20 to 40 minutes (at least half of which is rest time), as compared to half an hour to an hour of non-stop exercise as is recommended with low to medium intensity aerobic workouts. The question is, how do the two types of exercise compare in terms of their ability to promote fat burning?

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The aerobic exercise promoters point to the research that was mentioned earlier that has shown that any exercise, no matter how intense, requires at least 30 minutes to use up the body's stored glycogen (the body will normally burn glycogen before it will burn fat) before fat burning can begin. So, they say, short periods of even highly intense exercise won't burn much fat and is, therefore, not a good choice for promoting weight loss. But they are only seeing part of the story.

It is true that you must exercise for at least 30 minutes to begin to achieve fat burning—but that's at the time you are exercising. Brief bursts of intense anaerobic exercise do something that even quite a lot of low to medium intensity aerobic exercise does not. Intense anaerobic exercise stimulates the production of growth hormone, which is a strong stimulator of fat burning.

The thing is, the release of growth hormone triggered by intense anaerobic exercise comes 24 to 48 hours AFTER the exercise, and then it produces considerably more fat burning than is possible with all but extremely long periods of low to medium intensity aerobic exercise.

Because of this effect, most people will lose weight much more easily by doing shorter periods of more intense exercise—20 to 40 minutes of heavy weightlifting, interval training (which could be done on foot, on a bicycle, swimming, kickboxing, etc.). Any kind of activity in which there are periodic bursts of intense exertion interspersed with rest periods, or periods of low intensity activity, is typically preferable in the long run for weight control than even long hours of lower intensity aerobic exercise.

Now, you'll notice that I said "most people". There is an exception to the rule. People under considerable stress, either emotional or physical, or both, in their daily lives are prone to overworked adrenal glands. The adrenal glands do a lot of things in the body, but with regards to weight loss, they produce two hormones.

Cortisol is one of the hormones, and it stimulates fat storage in the lower abdominal area. This is typically a saggy, pendulous fat held below the waistline. The other hormone the adrenals produce is adrenaline (also called epinephrine), which actually promotes fat burning. Since the adrenals produce Cortisol, which causes fat deposition, and adrenaline, which promotes fat burning, you might assume that these two hormones cancel each other out.

The thing is, Cortisol can be produced by the adrenals for a much longer time than adrenaline, which is produced for brief periods, so in the long run, the Cortisol effects (fat storage in the lower abdomen) win out when you are under chronic stress.

The adrenals are influenced by physical stress as well as mental stress, so for someone who is under a lot of stress in general in his or her life, high-intensity exercise will only add to the total stress and will tend to make the adrenals produce a lot of Cortisol, and therefore will tend to promote lower abdomen weight gain.

Yes, you read that right—excessive exercise for someone under a lot of stress can actually cause that person to deposit MORE fat around the lower belly! This can result in the frustrating situation in which one exercises more and more and harder and harder to try to get rid of that lower abdomen stomach "pooch", but never can seem to get rid of it.

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Because the intense exercise is stimulating more Cortisol production, that person is fighting a losing battle. Because of this effect, it is recommended that people under a lot of stress and/or who have most of their weight held in the lower abdomen stick to relatively low intensity aerobic exercise. This kind of activity is usually helpful for controlling stress and reducing the level of Cortisol, thereby making it easier to get rid of the deposition of fat around the lower abdomen.

Hopefully you now have a better understanding of how to use exercise to maximum benefit for weight loss. (3)

Consistency Is Key to Natural Weight Loss

There are huge numbers of weight loss methods and products on the market. Weight loss continues to be a popular goal, yet one that is rarely achieved in our society. While there are certainly extreme measures like surgery and drugs that can promote weight loss, these methods come with significant risks and drawbacks, which is why many people continually seek out and try more natural weight loss approaches.

Ultimately, natural weight loss comes down to some combination of diet and exercise. Although many approaches favor one or the other, the reality is that both diet and exercise are equally important, and weight loss occurs much more rapidly with a combined approach. Many weight loss aids, including some reasonably safe natural weight loss products, can improve the overall effects of diet and exercise, but they really cannot be considered a substitute for changing your eating habits and engaging in more physical activity.

There is much debate as to what works and what doesn't. On the diet front, some will proclaim Aitkin's and other low or no carbohydrate approaches to be the only effective diet strategy. Others may insist that calorie restriction is the way to go. Still others may insist on the low-fat approach. The fact of the matter is that all of these diet systems work at least some of the time.

As with diet, there is considerable debate as to what exercise approach works best for weight loss. Some say you have to do high intensity "interval training". Some favor the long-time, low-intensity aerobic approach. Still others say any increase in any kind of physical activity works just fine. Again, all of these approaches work at least for some people.

Various recent research studies into the vast array of weight loss approaches have come to a rather interesting conclusion: all weight loss approaches that are based on physiologically sound principles seem to have about the same statistical success rate. Some recent studies have shown that the biggest determining factor in the success or failure of any weight loss program is... whether or not the person sticks to the program long-term.

It has been my experience in clinical practice that very few people stick to ANY weight loss plan (at least natural weight loss plans—not some type of weight loss drug) for more than about two weeks straight. Yes, some may stay on a weight loss plan for several months, but most are not consistent over that period of time.

The majority of those trying to lose weight will start off well for the first few days, but then something will come up and they get off track for a few (or more) days, and then continue going through an on again, off again cycle. The times when they are off the program largely negate whatever progress they make while they are on the program.

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Based on my experience with people trying to lose weight, the biggest factor in losing weight is not the diet or exercise the person is doing, it's the person's consistency with whatever he or she is doing. Consistency with a natural weight loss plan, including diet and exercise, is highly dependent on one's ability to stay motivated and focused on achieving one's weight loss goals. In other words, if you're going to lose weight and keep it off, you MUST get control of your mind so that you can have sufficient motivation and will-power to stick to the weight loss plan.

Developing motivation and will-power requires more than just deciding to lose weight. It is necessary for you to be able to resist any temptations that would pull you off course and interfere with your follow-through on whatever weight loss program you choose to do.

Sadly, the majority of people are lacking an innate capacity to effectively avoid temptation and it is far too easy for many people who try to lose weight to quickly lose momentum and stray from their weight loss plans.

For this reason, I recommend using a variety of mental conditioning techniques BEFORE one begins a natural weight loss plan. By preparing the mind in advance, one is far more able to resist temptation and stay sufficiently motivated to stick to the plan.

Among the most useful techniques I have found for this purpose include Neuro-Linguistic Programming, Neuro-Associative Conditioning (developed by Anthony Robbins), various forms of self-hypnosis, the Sedona Method, Emotional Freedom Technique, and simply taking the time to clearly identify one's reasons for wanting to lose weight in the first place.

By using any or all of these methods, temptation can be largely eliminated and one is able to stick with his or her diet and/or exercise program long-term, which allows for consistent weight loss and maintenance of one's weight once the goal is achieved. (4)

Weight Loss Cardio Workout - 3 Awesome Tips to Lose More Weight with Cardio

Have you ever been able to use a weight loss cardio workout to successfully lose body fat?

If you are like most people, the answer is 'yes and no', and usually in that order!

This article is going to go over a few reasons why the average weight loss cardio workout might actually be preventing you from losing weight. Please pay special attention to this article, because it can save you lots of time, help you enjoy exercise more, and give you a new outlook on losing with cardio.

By using "cardio", I am talking about using cardiovascular exercise on a basic cardio machine such as treadmills, rowing machines, upright or recumbent bikes, ellipticals, or any other common cardio machine you see at the gym or at a department store. This also refers to things such as walking outside or going for a bike ride.

It is very common see someone try to lose weight in the gym by getting on a cardio machine and trying to go for 30-60 minutes at a slow pace. They may try to do this 3, 4, or 5 days per week!

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In the beginning 2-3 weeks, you see some results pretty quickly. The weight on the scale goes down and you are feeling great. Soon after, however, the weight loss slows down and your progress comes to a crashing halt.

Let's go over 3 quick reasons why you hit a frustrating plateau with the normal cardio workout, and, more importantly, how to avoid it completely.

Reason #1: It Is Boring!

Unless you are training for a triathlon or are a distance runner, you would more than likely have more engaging things to do with your time then being on a cardio machine for 30-60 minutes. A 60-minute cardio workout 3-5 days a week is a sure way to lose all enthusiasm for exercise and be really bored throughout the whole process.

Lots of people do whatever they can to distract themselves during their cardio workouts. They cover the timer with a towel, watch television, read books, or just about anything else to try and distract themselves.

Reason #2: You Burn Fewer Calories Each Time You Workout

Your body will adapt very quickly to doing a very slow and long weight loss cardio workout. Think about it like this. If you went outside and ran a mile right now it, would feel pretty difficult if you were not already a conditioned runner. But what if you ran the same mile 5 days per week for the next two months? It would get easier. Your body would adapt to it because that is what it does best.

The same goes for the average weight loss cardio workout that lasts for 30, 45, or even 60 minutes. At first you might burn a lot of calories, but after doing the same type of cardio workout for too long, the body will become more efficient and will adapt.

This means that the workout that burned 300 calories in January might only be burning 150 calories in March! The only thing you can do is to work longer or work harder. Neither one sounds like a very appealing option.

Reason #3: The Average Weight Loss Cardio Workout Does Not Stimulate Your Metabolism

Instead of focusing on the number of calories you burned during a single workout, I want you to instead focus on burning calories during the workout and for hours afterwards!

Research has shown that slow same-speed cardio does next to nothing to stimulate your resting metabolism. This means that you workout for 45 minutes, burn 300 calories, and then negate the whole workout with a Gatorade afterwards.

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How to Fix This Problem

Did you know that you can use a different type of cardio called interval training that can burn a lot of calories during the actual cardio workout and for hours afterwards as well?

When performed correctly, interval training is faster, more fun, and, most importantly, has been shown in research to have a dramatic effect on your resting metabolism. This means that you might burn 300 calories during the actual workout, then another 300 throughout the rest of the day!

Interval training is an excellent weight loss cardio workout option for this very reason. Interval training simply consists of using both high and low speeds and intensities at set points in your workout. It can be done on any cardio machine and can even be done walking outside!

If you are truly serious about achieving weight loss with a cardio workout, then learning more about interval training is an absolute must. You will feel like you got twice the workout in half the time and have a lot more results to show for it! (5)

Diet Fitness - A Buddy Will Help You Lose Weight

One of the best ways to increase your diet fitness and stay consistent with your diet and exercise plan is to team up with a buddy. A diet buddy is a friend or co-worker who you partner up with so that the two of you help each other lose weight by staying focused and accountable for your actions. Many fitness experts agree that if you have a friend to rely on, then you are much more likely to stick to your program and successfully lose weight.

Choosing a diet buddy is not hard, but it can be a challenge to find someone who you can trust and who will be honest with you. You need someone who will remind you not to eat junk food when you confess that you have fallen off the wagon, and who will also be sympathetic to your guilty feelings.

Try to find a person who has similar weight loss goals, because if you want to lose 20 pounds and your buddy wants to lose 50, then you may not be compatible. Avoid choosing someone you live with, if possible, since the constant interaction will make you feel like your every move is being watched, so try to choose a co-worker or close friend to help you out.

You should also choose a diet buddy who you will see on a regular basis. A really great way to stay on track is to meet at the gym every morning and then get something to eat afterward. You can compare notes and talk about what's going on and how you are progressing. If breakfast doesn't work, then lunch is another good alternative.

You and your diet buddy should set goals and rewards for each other. When you hit a weight goal, you can celebrate by shopping for a new outfit that shows off your weight loss, or you can go out together for a healthy dinner at a nice restaurant.

You and your buddy are working together to help each other reach your goals, so if you lose weight faster than your friend, be supportive and help them realize that everyone has a different body type, and some people take longer to lose weight.

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On the flip side, be prepared for your friend to lose weight quicker than you, and, if that happens, be sure to cheer them on and reassure yourself that your consistency will pay off for you in the near future. (6)

When to Workout

What should I eat? When should I eat it? And when's the best time to work out? Should I hit the gym when I wake up in the morning, during lunch hour, or late afternoon? Everyone has a different opinion, whether they are an entrepreneur, a freelance photographer, a school teacher or a diehard fitness freak. So HCM took the query to the training professionals to get their take on the problem.

Dr. JoAnn Dahlkoetter, author of *Your Performing Edge* and member of the medical staff at Stanford says, "The best time of day to exercise is first thing in the morning. You lower your stress and increase your metabolic level. If you wait until later in the day, you may put the workout off and not do it at all." (Website for helpful articles and success tips: www.YourPerformingEdge.com.)

Dr. Yariv Rothman, a Venice, California chiropractor, also prefers the A.M. workout. "A morning workout can be very helpful, especially if you're shedding those extra pounds post pizza night." Cardiovascular exercise or circuit training in the A.M. stimulates the endocrine system, releasing endorphins and enhancing mood. Dr. Rothman says, "My patients who work out in the early morning report that they have more energy throughout the day, and deal with stressful situations at work better."

Guy Grundy, Mr. Australia, is a morning person, too. He says, "By training first thing in the morning, you are able to take advantage of certain factors. You release more growth hormones (GH) at this time due to the low blood sugar levels. The more GH you release, the better."

If you are looking to gain bulk or become leaner, your meals will be a little different. To bulk up, Mr. Australia suggests, "A high protein, high carb snack is great before the workout as you will have additional nutrients in your system while you are training." Dr. Dahlkoetter suggests a sports bar or a bowl of oatmeal.

If you are looking to drop body fat, Guy Grundy offers a suggestion before pumping weights, "Go with a shake. It's easy to digest and will ensure you have enough protein in your system while you train." Remember, if your body is low on carbs, it will use protein as an energy source.

Grundy says, "I always make sure I have a little more protein in each meal as I like to stay lean and therefore eat less carbs. I build muscle and drop more body fat with this method."

The most important meal is the one immediately following your workout. You should look to get between 25-50% of your daily carbohydrate intake. And the amount of carbs needed during a post workout meal varies between people. Guy Grundy says, "My favorite is egg whites, flank steak, and three blueberry and banana multigrain pancakes."

There's a good reason for all these carbs. After a workout, your body has depleted its carbohydrate reserves.

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Your body is releasing more insulin, sending needed carbs back into the muscles. These calories and nutrients absorbed during post-workout meals are directed into the worn muscle mass, which leads to a better gain in muscle and cell growth.

Guy Grundy says, “Using creatine with your post-workout meal and a high amount of water will provide even better results.”

Dr. Rothman says, “Your body needs refueling as well as protein, which is necessary for muscle repair.” He suggests a turkey sandwich or a few scrambled eggs with fruit.

There is a downside to the morning workout. Since muscles are still asleep from a long night’s rest, they need some waking up before strenuous exercise. Spend a few minutes warming up. This could be five minutes on the stationary bicycle and stretching exercises, which will avoid unnecessary strain on muscles and ligaments.

Ryan Kravetz, a Bally Total Fitness trainer and former Team USA ice hockey forward, knows a morning workout gets the metabolism going, but he has practical concerns. “The crowd hits the gym in the early morning and late afternoon.” This is the time when people have to wait to do their bench presses or leg lifts. “The equipment is available without a wait during midday,” says Kravetz.

Not everyone can jump out of bed in the morning and pump iron. There is a school of thought that agrees with Kravetz, but for a different reason. Led by Dr. Phyllis Zee of Northwestern University, this group cites a good explanation for the P.M. exercise. Muscle strength is at its peak, and people are most alert. Therefore, athletes are less apt to injure themselves.

There’s some science to back this opinion, too. It has to do with circadian rhythms, our internal biological clocks. These rhythms time our sleep, wakefulness, and body temperature. During the afternoon our internal clocks have increased our body temperature by one to two degrees. Consequently, muscles are suppler, lowering the risk to injury. For most people, this happens between 2:00-4:00 P.M.

Exercise before bedtime is frowned upon. According to Dr. Dahlkoetter, sports psychologist, “If you exercise at night, you will become dehydrated and have more difficulty sleeping.” A workout before bedtime will keep you up. Sure, you’ll be wide awake for Letterman or Leno, but you’ll have trouble waking up for that early morning appointment.

Maybe it’s an A.M. workout you prefer to start the day with an energy boost. Or a P.M. workout suits you best when your muscles are warm and you need to relieve some stress. Take your pick. Choose one and stick with it.

And remember to eat smart before and after you exercise. Maintaining a regular workout schedule with an appropriate diet could extend your life and definitely improve your mental and physical health. (7)

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10 Weight Loss Tips for Permanent Weight Loss

1. Eat only when you are hungry.

This means stop eating the minute you are full. This means if you go out to dinner and eat all the bread in the breadbasket, you don't eat your dinner. This means if it is lunch break at work and you aren't hungry, don't eat. This means if you are in the middle of a sandwich and you are no longer hungry, you stop eating.

2. When you aren't hungry and eating for joy only, make sure you are eating something fantastic and tasting every bite.

There will be times when you want to eat just for the joy of it. I say if you only do this 10% of the time you can still lose weight. But the trick is to make sure you enjoy each bite, taste it fully, and stop as soon as the joy of eating it fades. If you pay attention, you will be surprised how soon this might be.

3. Be curious about yourself—not judgmental.

When you do something that you think is “off” your plan of what you would like to be doing, be curious and try to find out why you do what you do. Explore the thoughts that lead to the action. Be kind and understanding with yourself. Give yourself the benefit of the doubt.

4. Believe it is possible to be thin without being mean to yourself.

You do not have to beat yourself into submission for thinness. In fact, I have found the opposite is true. Loving yourself and being kind to yourself is a much better path to permanent weight loss.

5. Feel your feelings.

Be anxious. (Don't eat.) Be sad. (Don't eat.) Be afraid. (Don't eat.) Be angry. (Don't eat.) If you use eating as an alternative to feeling, you are most likely going to be overweight. The sooner you feel your feelings, the sooner they will subside.

6. Stop expecting things “out there” to change so you can feel better.

Don't wait for a better job, a thinner body, a nicer husband, or a better tasting diet in order to be happy. You can be the source of your own joy by finding out what you love to do and who you love to be. By living your own truth, you can be happy no matter what is going on “out there”.

7. Even when you think you have “blown it”, write down every piece of food that goes into your mouth and then read that list with fascination.

It may feel better to write in the food journal when you are eating fuel most of the time, but that is not when it is the most important. When you are fog eating and storm eating and binging and going crazy with food, you have the best opportunity to learn about yourself and why you do what you do. No matter how much you have eaten and no matter how big the binge was, write down every single thing that went into your mouth and look at it with kind curiosity.

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8. Realize that eating when you aren't hungry is not satisfying hunger or comforting you—it's just making you heavy.

Notice the terminology you use when discussing food. "I had my chocolate fix", "I needed comfort food", "I wanted to give myself a treat".

Food is not a good source of emotional comfort, and it cannot fix you.

9. Remember the past does not equal the future.

We have all been on many diets. Many of us have been heavy a long time. This does not mean that you can't lose weight. You have been doing the best you can. And when you know better—you do better—and you look better…. (8)

10. Never give up!

Enough said.

Dr Suzanne Gudakunst

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(3, 4) Dr. George Best has been a holistic healthcare provider for 15 years. For more information on natural weight loss, please visit http://www.TrainYourBrain4WeightLoss.com, or e-mail to DrBest@trainyourbrain4weightloss.com.

(5) Are you frustrated with working hard in the gym and not seeing the results you want? Hello, my name is Tom Gifford, Certified Personal Trainer, and I have some important information that will be of great use to you. Come check out my website at http://www.TheGreatCardioMyth.com and download two chapters of my newest book absolutely free! The only thing you have to lose is the excess weight you want to get rid of. Come see a few of my best tips.

(6) Have you had problems staying fit just like I have? Do you want to know what I finally realized to get me started on the right path? I want to share this important information with you so that you can succeed and meet all of your fitness goals. For a free copy of "The Secret to Diet & Exercise" - How One Word Can Change Your Life, please visit http://diet.webinforesource.com/.

(7) Dane Fletcher is THE Training Authority and writes exclusively from SteroidPimp.com, a leading provider of weightlifting supplements and alternatives to anabolic steroids. For more information please visit http://www.steroidpimp.com

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http://www.coach4weight.com